the education COOPERATIVE

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A Mindful Approach to Teaching

Course Description: We are in the midst of a mindfulness revolution. Businesses are offering classes for their workers; health care providers are recommending its practice to their patients, and now educators are discovering the benefits of integrating mindfulness in their classrooms.

The school day is filled with numerous internal and external distractions for students, teachers, and other school-based professionals. Noticing when these interruptions in the day arise and being able to redirect one's attention to the task at hand is an important skill for students and teachers alike. Research has proven that when young people learn to be more present and less anxious, they often find they can pay attention better and improve the quality of their performance. Teachers, too, can improve their practice when they are more focused and able to put aside distractions.

This course will provide practical strategies for incorporating mindfulness practices into your classroom practice and into your life outside the classroom.

About the Instructor: Tracy Affonso is a former elementary school teacher, having taught first at a charter school in Fall River, MA, and then for the Newton Public Schools for ten years. She is a 500 Hour registered Yoga Teacher and teaches yoga, meditation, and mindfulness classes and workshops in the greater Boston area. Tracy has extensive experience working with children and has used mindfulness practices with students of all ages. The workshop will introduce participants to the basic principles of mindfulness and some simple techniques that teachers can use with their students and for their own practice.

Audience	K-12 Educators
Date & Time	Thursdays, October 24, November 7, 14, December 5, 2019 4:00 – 7:15PM
Location	TEC Professional Learning Center, East Walpole
Cost	$260 TEC Members / $300 Non-TEC Members
Earn	13.5 PDPs
Grad Credit	Optional 1 credit from Worcester State University – $125 – due upon initial registration

To register for the course: Go online to https://teccoop.wufoo.com/forms/a-mindful-approach-to-teaching-x1x4n4er1muaosn/

You will be able to sign up for graduate credit at the time of registration.

Withdrawals: No credit / refunds will be given unless TEC is notified 10 business days before the first class.
All payments are processed upon receipt.